

CommonHealth Presents: Summer Bike Events

Move it, Virginia!

All about Cycling
and You!

James
Monroe
Building,
Rooms C-D-E
11:00 – 2:00
July 30th



A New Challenge from
CommonHealth
and “Move it, Virginia”
program

VDOT – Capital Trail and Bike Programs



Learn about Bike
Care, Selection,
Fitting, and
Maintenance from
Experts



A NEW RESOURCE FOR
CYCLISTS IN THE FAMILY



UCI Road Championships come
to Richmond Sept. 19th